

# The Complete Guide to HERNIA SUPPORT BELTS

For those With or Without an Ostomy  
Provides Support, Comfort, and Improves Appearance



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1.800.899.5017  
1.818.899.7711 📞

1.818.899.2079

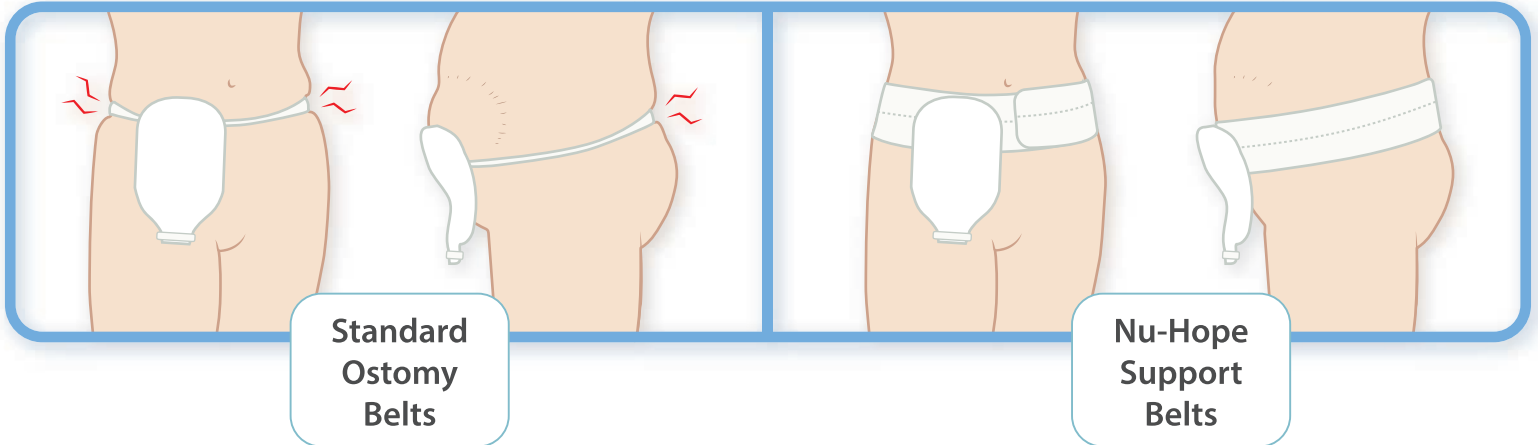


12640 Branford St.  
Pacoima, CA. 91331 📠

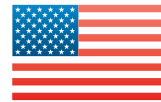


# Nu-Hope Laboratories<sup>®</sup> Inc.

ORIGINAL INNOVATOR OF THE OSTOMY/HERNIA SUPPORT BELT



- Helps protect abdominal hernia repairs & helps minimize recurrence
- Provides 360° degrees of wafer/pouch support for longer wear time
- Adjustable Hook & Loop (Velcro<sup>®</sup>-like) closure for a perfect fit
- Helps prevent lines & bulges
- Helps manage prolapsed stomas



Made In USA

## RANGE OF BELTS

### Nu-Comfort

A 2" belt; more comfort and support than a standard 1" belt.  
Learn more at [bit.ly/NuCBelt](https://bit.ly/NuCBelt).

### Flat Panel

For those with no hernia or a reducible hernia.

### Nu-Form

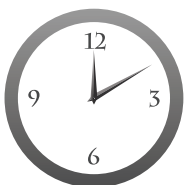
For those with a hernia and/or bulges.

### 2-Hole

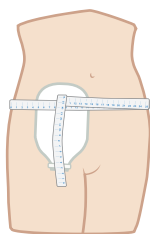
For those with 2 ostomies.  
Please download instructions at [bit.ly/2hbelt](https://bit.ly/2hbelt).

## What you'll need for worksheet

### Clock or Timer



### Measuring Tape



### Pouch



## How To Order

### Fill Out Worksheet



1

### Generate Belt Cat#

**Cat#  
2660**

2

### Place Order With Your Supplier



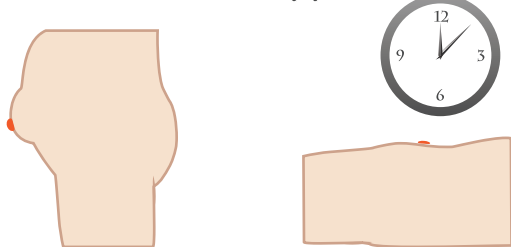
3

## 1 Belt Styles:

### FLAT PANEL

Made with a Non-Stretch Panel  
& Pliable Blue Ring

- Supports Small Reducible Hernias
- Flattens Small Bulges
- Helps Protect Hernia Repairs
- Helps Prevent Hernia Formation
- Provides Pouch Support



Standing

Laying for 5 minutes

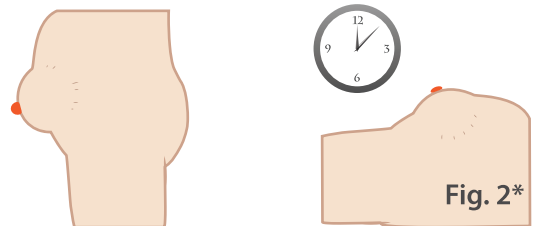
**\*Fig. 2** Shows a hernia that no longer reduces when laying down for 5 minutes

**Note:** This product is not intended for back support

### NU-FORM

Made Of Elastic With  
A Sturdy Beige Ring

- Forms Around Bulges & Other Body Shapes Naturally
- Supports Peristomal Hernias
- Supports Non-Reducible Hernias
- Provides Pouch Support



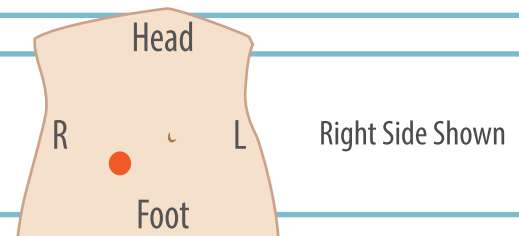
Standing

Laying for 5 minutes

**2 Elastic Material:** **Regular** soft, solid, plush back (polyester, spandex blend) **or** **Cool Comfort** breathable, lightweight mesh (polyester, spandex, monofilament/nylon)

**3 Color:**  **White** or  **Beige** add "BG" before Cat# (example: **Cat# BG6741**)

**4 Stoma Location:** Stoma on your Left side or Right side

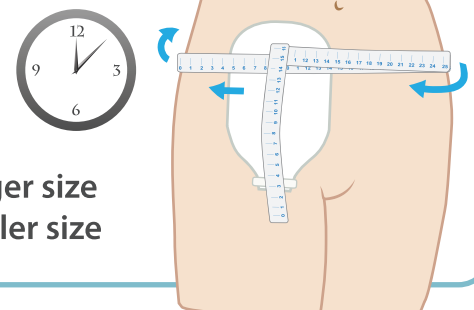


**5 Girth Measurement:** Belt lengths come in sizes **Small - XX Large** Over 52" is Custom

Measure the circumference horizontally around the body, in line with the stoma. If there is no hernia, measure standing in line with stoma.

If herniated, the measurement should be made while laying on the back (supine position) after 5 minutes, and standing.

**Tip:** If laying measurement falls between sizes, go to the next larger size  
If standing measurement falls between sizes, go to next smaller size





## 6 Width Choices: 3", 4", 5", 6", 7", 8", 9"

Choose smallest possible width based on opening size and hernia size

### FLAT PANEL

Maximum Ring Fit For:  
3" is 2 3/4"-A & 4" is 3 1/4"-C

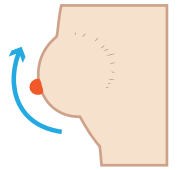
### NU-FORM

Maximum Ring Fit For:  
3" is 3 1/4"-C & 4" is 3 3/4"-M

### IMPORTANT

Measure the hernia (or area you want to support) from bottom to the top.

It's typically only necessary to capture 80% of the hernia



## 7 Belt Ring Opening:

For a belt with no ring, use -NH for **No Hole**

### Available Belt Ring Openings

Available in Nu-Form style only

\* Fits Nu-Hope® pouches only \*\* Standard Opening

E = 2" (51mm)

G = 2 1/2" (64mm)

B = 3" (76mm)

T = 3 1/2" (89mm)

H = MED Oval\* 2 3/8" x 3 5/8"

L = 2 1/8" (54mm)

I = 2 5/8" (67mm)

U = 3 1/8" (79mm)

M = 3 3/4" (95mm)

J = LRG Oval\* 2 3/4" x 4 1/8"

F = 2 1/4" (57mm)

A = 2 3/4" (70mm)

C = 3 1/4" (83mm)

O = 4" (102mm)

K = XLG Oval\* 3 3/8" x 4 5/8"

= 2 3/8" (60mm)\*\*

DC = 2 7/8" (73mm)

V = 3 3/8" (86mm)

R = 4 1/2" (114mm)

W = 2 5/8" x 3 1/8" (67 x 79 mm)

~ Belt ring sets available for measuring ~ Call to find ring size

Q = 2 7/8" x 3 3/8" (73 x 86 mm)

## 8 Standard Opening Placements:

### For FLAT PANEL belts:

3"- 5" width belts have center opening  
6"- 9" width belts are 1" from bottom

### For NU-FORM belts:

3"- 6" width belts have center belt ring  
7"- 9" width belts are 1 1/2" from bottom

## 9 Optional Prolapse Support Flap:

An added flap to support telescoping stomas



## 10 Custom Options:

### Auxiliary Belt:

Available Belt Width :

☐ 2" ☐ 3" ☐ 4"

☐ Single Layer ☐ Double Layer

Custom Length \_\_\_\_\_"

Custom Placement \_\_\_\_\_"

☐ From Top ☐ From Bottom

Other \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\*More info for custom modification on page 7.

# FLAT PANEL SUPPORT BELT

Opening placement is center

Width	Size	Girth, Length	Regular Belt Cat #	Cool Comfort Belt Cat #
<b>3"</b>	P/S	16" - 19"	6 5 9 1	6 6 9 1
	P/M	20" - 23"	6 5 9 2	6 6 9 2
	P/L	24" - 27"	6 5 9 3	6 6 9 3
	S	28" - 32"	6 5 9 4	6 6 9 4
	M	32" - 36"	6 5 9 5	6 6 9 5
	L	36" - 41"	6 5 9 6	6 6 9 6
	XL	41" - 47"	6 5 9 7	6 6 9 7
<b>4"</b>	XXL	47" - 52"	6 5 9 8	6 6 9 8
	S	28" - 32"	2 6 6 0	2 6 6 5
	M	32" - 36"	2 6 6 1	2 6 6 6
	L	36" - 41"	2 6 6 2	2 6 6 7
	XL	41" - 47"	2 6 6 3	2 6 6 8
<b>5"</b>	XXL	47" - 52"	2 6 6 4	2 6 6 9
	S	28" - 32"	2 7 6 0	2 7 6 5
	M	32" - 36"	2 7 6 1	2 7 6 6
	L	36" - 41"	2 7 6 2	2 7 6 7
	XL	41" - 47"	2 7 6 3	2 7 6 8
	XXL	47" - 52"	2 7 6 4	2 7 6 9

Note: No oval opening option for 3" belts

Opening placement is 1" from bottom

Width	Size	Girth, Length	Regular Belt Cat #	Cool Comfort Belt Cat #
<b>6"</b>	S	28" - 32"	6 6 0 0	6 7 0 0
	M	32" - 36"	6 6 0 1	6 7 0 1
	L	36" - 41"	6 6 0 2	6 7 0 2
	XL	41" - 47"	6 6 0 3	6 7 0 3
	XXL	47" - 52"	6 6 0 4	6 7 0 4
<b>6"</b>	S	28" - 32"	6 6 1 0	6 7 1 0
	M	32" - 36"	6 6 1 1	6 7 1 1
	L	36" - 41"	6 6 1 2	6 7 1 2
	XL	41" - 47"	6 6 1 3	6 7 1 3
	XXL	47" - 52"	6 6 1 4	6 7 1 4
<b>7"</b>	S	28" - 32"	6 6 2 0	6 7 2 0
	M	32" - 36"	6 6 2 1	6 7 2 1
	L	36" - 41"	6 6 2 2	6 7 2 2
	XL	41" - 47"	6 6 2 3	6 7 2 3
	XXL	47" - 52"	6 6 2 4	6 7 2 4
<b>7"</b>	S	28" - 32"	6 6 2 5	6 7 2 5
	M	32" - 36"	6 6 2 6	6 7 2 6
	L	36" - 41"	6 6 2 7	6 7 2 7
	XL	41" - 47"	6 6 2 8	6 7 2 8
	XXL	47" - 52"	6 6 2 9	6 7 2 9
<b>8"</b>	S	28" - 32"	6 6 5 0	6 7 5 0
	M	32" - 36"	6 6 5 1	6 7 5 1
	L	36" - 41"	6 6 5 2	6 7 5 2
	XL	41" - 47"	6 6 5 3	6 7 5 3
	XXL	47" - 52"	6 6 5 4	6 7 5 4
<b>8"</b>	S	28" - 32"	6 6 5 5	6 7 5 5
	M	32" - 36"	6 6 5 6	6 7 5 6
	L	36" - 41"	6 6 5 7	6 7 5 7
	XL	41" - 47"	6 6 5 8	6 7 5 8
	XXL	47" - 52"	6 6 5 9	6 7 5 9
<b>9"</b>	S	28" - 32"	6 6 3 0	6 7 3 0
	M	32" - 36"	6 6 3 1	6 7 3 1
	L	36" - 41"	6 6 3 2	6 7 3 2
	XL	41" - 47"	6 6 3 3	6 7 3 3
	XXL	47" - 52"	6 6 3 4	6 7 3 4
<b>9"</b>	S	28" - 32"	6 6 4 0	6 7 4 0
	M	32" - 36"	6 6 4 1	6 7 4 1
	L	36" - 41"	6 6 4 2	6 7 4 2
	XL	41" - 47"	6 6 4 3	6 7 4 3
	XXL	47" - 52"	6 6 4 4	6 7 4 4

## Belt Ring Openings

Ring	Inches	mm
-L	2 1/8"	54
-F	2 1/4"	57
	2 3/8"	60
-I	2 5/8"	67
-A	2 3/4"	70
-DC	2 7/8"	73
-B	3"	76
-U	3 1/8"	79
-C	3 1/4"	83
-H	MEDIUM OVAL**	
-J	LARGE OVAL**	
-K	X LARGE OVAL**	
-W	2 5/8" x 3 1/8"	67x79
-Q	2 7/8" x 3 3/8"	73x86
-NH	NO HOLE IN BELT	



Shown above is Cat#: 2667-H



Shown above is Cat#: BG6703-A



Note: 9" belts are contoured, back of belt shown above

## Inches to Metric Sizing

SMALL	28" - 32"	71 - 81cm
MEDIUM	32" - 36"	81 - 91.5cm
LARGE	36" - 41"	91.5 - 104cm
X-LRG	41" - 47"	104 - 117cm
XX-LRG	47" - 52"	117 - 132cm

\*\* Note: Fits Nu-Hope® pouches only.

Opening placement is center

Opening placement is 1 1/2" from bottom

Width	Size	Girth, Length	Regular Belt Cat #	Cool Comfort Belt Cat #
3"	S	28" - 32"	6 3 0 0	6 4 0 0
	M	32" - 36"	6 3 0 1	6 4 0 1
	L	36" - 41"	6 3 0 2	6 4 0 2
	XL	41" - 47"	6 3 0 3	6 4 0 3
	XXL	47" - 52"	6 3 0 4	6 4 0 4
4"	S	28" - 32"	6 3 1 0	6 4 1 0
	M	32" - 36"	6 3 1 1	6 4 1 1
	L	36" - 41"	6 3 1 2	6 4 1 2
	XL	41" - 47"	6 3 1 3	6 4 1 3
	XXL	47" - 52"	6 3 1 4	6 4 1 4
5"	S	28" - 32"	6 3 2 0	6 4 2 0
	M	32" - 36"	6 3 2 1	6 4 2 1
	L	36" - 41"	6 3 2 2	6 4 2 2
	XL	41" - 47"	6 3 2 3	6 4 2 3
	XXL	47" - 52"	6 3 2 4	6 4 2 4
6"	S	28" - 32"	6 3 3 0	6 4 3 0
	M	32" - 36"	6 3 3 1	6 4 3 1
	L	36" - 41"	6 3 3 2	6 4 3 2
	XL	41" - 47"	6 3 3 3	6 4 3 3
	XXL	47" - 52"	6 3 3 4	6 4 3 4
7" LEFT	S	28" - 32"	6 3 4 0	6 4 4 0
	M	32" - 36"	6 3 4 1	6 4 4 1
	L	36" - 41"	6 3 4 2	6 4 4 2
	XL	41" - 47"	6 3 4 3	6 4 4 3
	XXL	47" - 52"	6 3 4 4	6 4 4 4
7" RIGHT	S	28" - 32"	6 3 4 5	6 4 4 5
	M	32" - 36"	6 3 4 6	6 4 4 6
	L	36" - 41"	6 3 4 7	6 4 4 7
	XL	41" - 47"	6 3 4 8	6 4 4 8
	XXL	47" - 52"	6 3 4 9	6 4 4 9
8" LEFT	S	28" - 32"	6 3 5 0	6 4 5 0
	M	32" - 36"	6 3 5 1	6 4 5 1
	L	36" - 41"	6 3 5 2	6 4 5 2
	XL	41" - 47"	6 3 5 3	6 4 5 3
	XXL	47" - 52"	6 3 5 4	6 4 5 4
8" RIGHT	S	28" - 32"	6 3 5 5	6 4 5 5
	M	32" - 36"	6 3 5 6	6 4 5 6
	L	36" - 41"	6 3 5 7	6 4 5 7
	XL	41" - 47"	6 3 5 8	6 4 5 8
	XXL	47" - 52"	6 3 5 9	6 4 5 9
9" LEFT	S	28" - 32"	6 3 6 0	6 4 6 0
	M	32" - 36"	6 3 6 1	6 4 6 1
	L	36" - 41"	6 3 6 2	6 4 6 2
	XL	41" - 47"	6 3 6 3	6 4 6 3
	XXL	47" - 52"	6 3 6 4	6 4 6 4
9" RIGHT	S	28" - 32"	6 3 6 5	6 4 6 5
	M	32" - 36"	6 3 6 6	6 4 6 6
	L	36" - 41"	6 3 6 7	6 4 6 7
	XL	41" - 47"	6 3 6 8	6 4 6 8
	XXL	47" - 52"	6 3 6 9	6 4 6 9

Note: 9" belts are contoured

# NU-FORM SUPPORT BELT

Examples Below:

Cat#: 6300-L

Cat#: BG6411-H

Cat#: 6422-A

Cat#: BG6332

Cat#: 6343-H

Cat#: BG6457-U

Cat#: 6464-M

## Belt Ring Openings

Ring	Inches	mm
-E	2"	51
-L	2 1/8"	54
-F	2 1/4"	57
	2 3/8"	60
-G	2 1/2"	64
-I	2 5/8"	67
-A	2 3/4"	70
-DC	2 7/8"	73
-B	3"	76
-U	3 1/8"	79
-C	3 1/4"	83
-V	3 3/8"	86
-T	3 1/2"	89
-M	3 3/4"	95
-O	4"	102
-R	4 1/2"	114
-H	MEDIUM OVAL**	
-J	LARGE OVAL**	
-K	X LARGE OVAL**	
-W	2 5/8" x 3 1/8"	67x79
-Q	2 7/8" x 3 3/8"	73x86
-NH	NO HOLE IN BELT	

\*\*Note: Fits Nu-Hope® pouches only

## How to generate a Support Belt Catalog #:

### Standard Belt

**Cat#: 6422** Nu-Form Style, Cool Comfort Elastic, White, Size Large, 5" Width, with a **2 3/8" Belt Ring**

### Beige Color Belt | add "BG" before belt number

**Cat#: BG6422** Nu-Form Style, Cool Comfort Elastic, **Beige**, Size Large, 5" Width, with a 2 3/8" Belt Ring

### Change Belt Ring | add Letter after belt number

**Cat#: 6422-A** Nu-Form Style, Cool Comfort Elastic, White, Size Large, 5" Width, with a **2 3/4" Belt Ring**

### w/ Prolapse Support Flap | add "P" between belt # & Ring

**Cat#: 6422-P-A** Nu-Form Style, Cool Comfort Elastic, White, Size Large, 5" Width, **Prolapse Support Flap**, with a 2 3/4" Belt Ring

### Custom Order | add "SP" after belt number, w/ DESC Cat#: 6422-SP

White, 5" Width, Nu-Form Style, Cool Comfort Elastic, Size Large, 2 3/8" Belt Ring, **Special Order (MUST INCLUDE DESCRIPTION)**

Prolapse Flap shown below



### Inches to Metric Sizing

SMALL	28" - 32"	71 - 81cm
MEDIUM	32" - 36"	81 - 91.5cm
LARGE	36" - 41"	91.5 - 104cm
X-LRG	41" - 47"	104 - 117cm
XX-LRG	47" - 52"	117 - 132cm

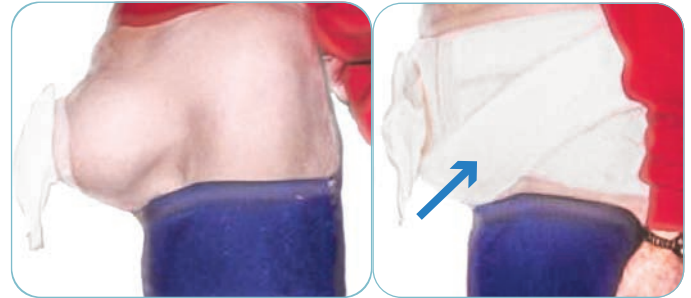
## AUXILIARY BELT

Supplemental straps added to the belt to support large, heavy and/or pendulous herniations

### Options:

- 2", 3" and 4" widths
- Single or double layer

*Offers sling-like, uplifting support*



## ADDITIONAL MODIFICATIONS:

- |                         |           |                   |
|-------------------------|-----------|-------------------|
| • Custom Overall Length | • ##OL    | ex. BG6433-F-41OL |
| • Thumb Loop(s)         | • TL#     | ex. BG6458-B-TL2  |
| • Auxiliary SNG/DBL     | • XS#/XD# | ex. BG6447-B-XS3  |
| • Center Placement      | • CP      | ex. BG6702-A-CP   |
| • Non-Contoured         | • NCT     | ex. BG6969-A-NCT  |
| • Contoured             | • CT      | ex. BG6452-M-CT   |



For 2 Openings, you'll need our 2-hole belt worksheet @ [bit.ly/2hbelt](http://bit.ly/2hbelt).

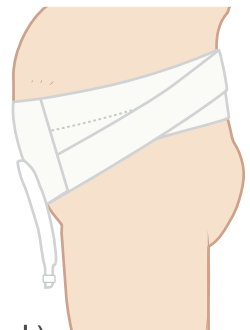


## Band Separation: An Easy Alteration You Can Do

### Benefits:

- Provides more support under the hernia
- Provides better mobility
- Provides better comfort by lifting the lower band, while the top of the belt compresses

Cut thread to fully separate the bottom band from the upper band(s). Cut from the hook end of the closure to the edge of the Flat Panel or Belt Ring. ( don't cut hook end )

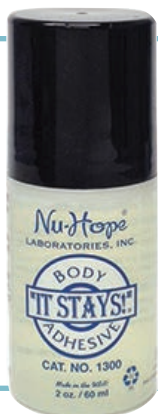


To separate elastic bands, cut thread between the elastic bands

White Regular



Beige Cool Comfort



## Belt Shifting or Sliding Around?

**IT STAYS!**

**Body Adhesive®**

2 oz. ( 59ml ) Cat#1300

## WE CAN INSTALL A RING ON YOUR GARMENT\*



Send us your garment and we'll install a ring for your pouch!



\*Girdles / Compression Shorts are not sold by Nu-Hope

Nu-Hope does not sell directly to the public. Please contact your medical supplier to place your order.

**Use the guide to find your catalog #  
or use this worksheet for your notes  
and visit [nu-hope.com](http://nu-hope.com) to use our  
Online Belt Catalog # Generator**

**1 Belt Style :** ☐ Flat Panel or ☐ Nu-Form

**2 Elastic Material:** ☐ Regular or ☐ Cool Comfort

**3 Belt Color :** ☐ **White**  or ☐ **Beige** 

**4 Stoma Location :** ☐ Left or ☐ Right

(check one only)      31 overall      35 overall      39 overall      43 overall      47 overall

**Belt Size :** ☐ **SM** 28"-32" ☐ **MD** 32"-36" ☐ **LG** 36"-41" ☐ **XL** 41"-47" ☐ **XXL** 47"-52" ( Over 52" is Custom\*; See #10 )

**6 Width Choice :** ☐ 3" ☐ 4" ☐ 5" ☐ 6" ☐ 7" ☐ 8" ☐ 9" (check one only)

**7 Pouch MFG : \_\_\_\_\_ Pouch# : \_\_\_\_\_**  
**or Belt Ring / Opening Size : - \_\_\_\_\_"**

**8 Opening Placement :** ☐ Standard { Flat Panel: 3"- 5" are center, 6"- 9" are 1" from bottom  
Nu-Form: 3"- 6" are center, 7"- 9" are 1½" from bottom  
☐ Custom\* (see #10)

**9** *Optional Prolapse Support Flap:* ☐ Yes

## 10 Custom Options :

Custom Placement \_\_\_\_\_"

☐ From Top ☐ From Bottom

Custom Length

Custom Measurement \_\_\_\_\_"    Other \_\_\_\_\_

Center of stoma to bottom of hernia

**BELT CATALOG #:** \_\_\_\_\_ **DATE:**     /     /20

\* Custom Description: \_\_\_\_\_

### Auxiliary Belt:

Available Belt Width :

☐ 2"    ☐ 3"    ☐ 4"

☐ Single Layer ☐ Double Layer

**FOR NU-HOPE USE ONLY**

☐ EMAILED or ☐ FAXED

On DATE:        /        /20

Recorded By (INITIAL):

**\* How To Order Customs:** For belt opening custom placement, please call us at (800) 899-5017 or email [info@nu-hope.com](mailto:info@nu-hope.com).  
For other customizations, see Additional Modifications on page 7.